

## Brain Maintenance for New and Old Pilots

Ever walk through a doorway and forget what you were going through the doorway to accomplish? Ever get two hours of sleep and wonder why your ability is impaired? Ever have carbon monoxide poisoning? What??? You can't remember!?! Sort of like the old saying goes...the lights might be on, but no one is home. Brain maintenance is not difficult but often times it does get impaired by our "lifestyles" and activities, or lack of. Dr. Ronan Murphy, MD, Senior AME, studies brain function for a living. Come hear this thought provoking presentation!

**Directions:** FAASTeam Safety Seminars are held in the FAA Forum Tent "D". If flying into AWO, please check NOTAMS and see the Arlington Fly-In "FLYING IN" web page link in "Additional Event Information".

### A message from the National FAASTeam Manager

Invite a fellow pilot to the next WINGS Safety Seminar in your area.

Sign up for the FAA's safety services at [www.FAASafety.gov](http://www.FAASafety.gov)!

### Event Details

**Sat, Jul 13, 2013 - 9:00 am**  
**FAA Forum Tent / Arlington**  
**Airport (AWO)**

4700 188th St NE  
Arlington, WA 98223



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